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OUTLINE OF COURSES

OFFERED BY THE

STUDENTS' INTERNATIONAL MEDITATION SOCIETY

UNIVERSITY OF CALIFORNIA

LOS ANGELES

Students' International Meditation Society
1047 Gayley Avenue
Los Angeles, California 90024

FOREWORD

The Students' International Meditation Society of the University of California at Los Angeles is a part of a large movement in colleges and universities all over the world to provide students with the knowledge and technique of transcendental meditation. The only requirement of this simple system is for the student to begin the spontaneous process a few minutes each day. The immediate results are invaluable to intellectual and creative activity.

I was first introduced to transcendental meditation a year ago by my older brother, a philosophy major whose desire for fulfillment led him to the International Academy of Meditation at the foothills of the Himalayas. It was at this Academy that my brother learned and began practicing this technique. I was naturally enthusiastic after seeing the change in my brother's outlook and, after a few meetings with a trained meditation guide at the Los Angeles center, I was given the personal instruction necessary for this practice of meditation.

I was determined to be analytical and critical; the whole system seemed too simple and too good. My doubts were cleared after the first meditation. I was finally able to relax, and my restless mind surprised me with its new potential. For once I could completely concentrate and easily absorb difficult material, and school became a necessary means to use my new creative energy.

Then, last summer, after almost a year of meditating, I went to Canada where many were gathered for a special course of instruction in meditation guidance. It was there that I began to realize the international aspect of the organization. Students from eight major Canadian universities were gathered, and among the noted people attending was Dr. Herman Tennessen, head of the Philosophy Department at the University of Alberta at Edmonton and former professor at the University of California at

Berkeley. After only three days of using the practice and experiencing profound benefits, his comment was, 'I can hardly believe such a thing exists in the world today.'

Students in Germany, England, Norway, Italy, and other European countries, along with the many Asian countries, have experimented with this technique and are now starting centers in their colleges and universities. It is because of these students' enthusiasm and from my own personal experience and that of friends at the University of California at Los Angeles that this meditation society was formed. We hope to provide an opportunity for other students to start this technique of transcendental meditation and experience the results for themselves.

Robert Keith Wallace

Robert Keith Wallace
President
Students' International
Meditation Society

OBJECTIVE

The Purpose of the Students' International Meditation Society is to help students unfold their latent faculties, develop their creative intelligence to its maximum capacity, and use their full mental potential in studies, sports, and work.

PROGRAM

The Society offers courses in what may be called the Science of Creative Intelligence, helpful to all students regardless of their fields of study. Each course has its theoretical and practical aspect - lectures to gain knowledge, and practice to gain sustained benefits in daily life.

TIME REQUIRED

Two hours a week are required for lecture, discussion forum, and progress review, along with a few minutes of daily practice at home.

COURSES IN THE PRACTICE OF TRANSCENDENTAL MEDITATION

COURSE I - Two years

Purpose: To train the mind to experience the source of thought - to tap the reservoir of creative intelligence - and to develop creative intelligence to its maximum.

To expand the capacity of the conscious mind and thereby enable it to display its full potential.

To provide a solid foundation for the advanced courses.

Practice: Transcendental Meditation - The practice is individually designed for each student in order that his mind may systematically transcend the subtle states of the thought process and consciously arrive at the source of thought.

This first course in the practice of transcendental meditation is taught in four steps.

- Personal interview with instructor.
- Personal instruction in technique. Verification of experiences during and after meditation as well as analysis of its effects in the daily life.

- On the basis of the results of meditation, the instructor recommends a routine of daily practice for each student.
- As the practice advances, progress is reviewed periodically. This procedure serves as the basis for determination of the meditator's eligibility for enrollment in the second course.

COURSE II - One year

Purpose: To culture the mind to tap the reservoir of creative intelligence by experiencing subtle fields of thought so that creative intelligence may be more effectively developed and used during daily activity.

Practice: Transcendental Meditation - The practice is designed for each meditator in order that his mind may systematically transcend through the experience of subtle fields of perception.

COURSE III - One year

Purpose: To improve the mind's ability so that each thought is cognized at a more effective level and thereby action made correspondingly stronger.

Practice: The practice of a technique, designed for each student, to maintain the mind at the deepest level of the thinking process.

COURSE IV - One year

Purpose: To keep the mind toned to the dignity of its full stature in order to entertain a desired thought at the source of thought so that it naturally has maximum effectiveness.

Practice: An advanced technique of the practice given in Course III.

COURSE V - Approximately three years

Purpose: To offer a research and development program. This program will enable students to utilize the developed potential of their minds for the unfoldment of specific latent faculties and values of true spirituality, bringing the blessings of integrated life and bringing fulfillment to every field of education.

Practice: Advanced techniques for individuals and groups, according to their development through the practices of Courses I through IV.

LECTURES FOR COURSE I

(To be presented by qualified Meditation Guides*)

- A Vision of Possibilities
- Life: Its Structure and Creative Intelligence
- Creative Intelligence: Its Discovery and Application
- Man's Full Potential: Its Development and Use in Daily Life
- A Scientific Method of Unfoldment of Potentialities; Essentials of the Practice of Transcendental Meditation
- Transcendental Meditation: Its Practice, Simplicity, and Universal Application
- Transcendental Meditation: Physiological Effects
- Transcendental Meditation and Knowledge of the Universe
- Transcendental Meditation and Different States of Consciousness
- Creative Intelligence: The Basis of All Knowledge and Accomplishment
- Knowledge of the Source of Creative Intelligence: Its Revolutionizing Impact on Economics, Political Science, and Sociology
- Knowledge of the Source of Creative Intelligence: Its Revolutionizing Impact on Psychology, Philosophy, and the Natural Sciences
- A Theory of the Mind: Mind's Nature and Its Relationship with the Source of Creative Intelligence
- Development of Mind and Senses through Transcendental Meditation

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*Trained at the International Academy of Meditation.

- Creative Intelligence and the Laws of Nature
- Transcendental Consciousness: The Basis of Energy and Intelligence
- Transcendental Consciousness: Its Application in Daily Life
- Integrated State of Consciousness and Its Realization
- Unified Philosophy of Life: A Theory of Two Fulls (200 Percent of Life)
- Life is Bliss: Suffering Abides in Weakness
- Fundamentals of Practical Living
- A Key to Growth in Freedom: Transcendental Meditation
- Transcendental Meditation and Fulfillment of Science
- Transcendental Meditation and Fulfillment of Religion
- Transcendental Meditation and Fulfillment of Life

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